

# Physical Activity For Teens

## WHY SHOULD TEENS EXERCISE?

Active living promotes physical, social and emotional health now and in the future.

Reducing sedentary time and engaging in regular physical activity can help you:

- Have fun with family and friends
- Cope with stress
- Sleep better
- Feel better
- Have more energy
- Build strength and endurance
- Feel good about yourself
- Develop skills in sports
- Perform better in school

## HOW MUCH PHYSICAL ACTIVITY IS ENOUGH?

The Surgeon General recommends 60 minutes of moderate physical activity most days of the week. You can be active 60 minutes at a time or spread it out throughout everyday activities.

## Are you getting a good workout?

### Take the “talk-sing” test:

- If you can talk while exercising, you’re doing great!
- If you’re too breathless to talk, slow down.
- If you can sing, you’re not working hard enough...get moving!

## 10 EASY WAYS TO GET UP AND MOVE!

1. Take a walk
2. Dance
3. Walk the Dog
4. Ride a bike
5. Take the stairs
6. Play ball with your family
7. Wash cars or do yard work
8. Go swimming
9. Take an aerobics or kickboxing class
10. Try in-line skating (with proper equipment)

## TIPS TO REMEMBER:

- If you are new to exercising, begin with 10 minutes of activity and work up to longer periods.
- Stretch and cool down after physical activity.
- Remember to drink plenty of water after finishing an activity.
- Any form of physical activity is good for your body, so have fun with it!